

## CLAIMS

1. A body support device comprising:

an underside portion adapted for placement on an edge portion of an  
5 elevated surface;

an upper side portion adapted for leaning thereon by a person; and

wherein placement of said underside portion on the edge portion of  
the elevated surface and leaning toward and contacting said upper side portion by  
the person provides upper body support for the person.

2. A body support device as defined in claim 1, wherein said underside  
portion is shaped for height adjustable placement of said body support device on the  
edge portion of the elevated surface.

3. A body support device as defined in claim 1, wherein said underside  
portion is shaped for adjusting the distance of said body support device from the  
edge portion of the elevated surface.

4. A body support device as defined in claim 1, further comprising a  
weight added to a portion of said body support device positioned above the elevated  
surface when said underside portion is placed on the edge portion of the elevated  
surface, wherein said weight is adapted to maintain said body support device on the  
edge portion of the elevated surface.

5. A body support device as defined in claim 4, further comprising a plurality of cavities, wherein each cavity is adapted for insertion of said weight therein.

5 6. A body support device as defined in claim 1, said underside portion comprising a surface adapted for frictional engagement with the edge portion of the elevated surface.

10 7. A body support device as defined in claim 1, further comprising means for removably fastening said body support device to the elevated surface.

15 8. A body support device as defined in claim 1, further comprising means for receiving a belt, said belt removably fastening said body support device to the person.

9 A body support device as defined in claim 1, said upper side further adapted to provide support for the person's elbows when leaning over the elevated surface.

20 10. A body support device as defined in claim 1, wherein said upper side portion is adapted for leaning thereon by a person in a standing position.

11. A body support device as defined in claim 1, wherein said upper side portion is adapted for leaning thereon by a person in a seated position.

12. A body support device as defined in claim 1, wherein said upper side portion comprises a flexible material.

13. A body support device as defined in claim 12, wherein said flexible material is water resistant.

14. A body support device as defined in claim 1, further comprising:  
a first portion having an inner side and an outer side;  
a second portion having an inner side and an outer side, said second portion being attached to said first portion;

wherein said inner side of said first portion and said inner side of said second portion define an underside portion, and said outer side of said first portion and said outer side of said second portion define an upper side portion; and

wherein placement of said inner side of said first portion on top of the elevated surface and said inner side of said second portion on the side of the elevated surface provides upper body support for a person leaning on said outer side of said second portion, or alternately, placement of said inner side of said second portion on top of the elevated surface and said inner side of said first portion on the side of the elevated surface provides upper body support for a person leaning on said outer side of said first portion.

15. A body support device as defined in claim 14, further comprising means for detachably attaching said first portion to said second portion.

16. A body support device comprising:

a first portion having an inner side and an outer side;

a second portion having an inner side and an outer side, said second portion being detachably attached to said first portion;

5 wherein placement of said inner side of said first portion on top of an elevated surface and said inner side of said second portion on a side of the elevated surface provides upper body support for a person leaning on said outer side of said second portion; and

10 wherein alternate placement of said inner side of said second portion on top of the elevated surface and said inner side of said first portion on the side of the elevated surface provides upper body support for a person leaning on said outer side of said first portion.

15 17. A body support device as defined in claim 16, further comprising a weight, said weight added to said first portion for maintaining said body support device on the edge portion of the elevated surface when said first portion is placed on top of the elevated surface, or alternately, said weight added to said second portion for maintaining said body support device on the edge portion of the elevated surface when said second portion is placed on top of the elevated surface.

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18. A body support device as defined in claim 16, said first portion and said second portion each comprising at least one cavity adapted for insertion of said weight therein.

19. A body support device as defined in claim 16, said first portion having a thickness different than the thickness of said second portion to provide height and distance adjustability of said body support device relative to the elevated surface, wherein the thickness of said first portion corresponds to the height of said body support device from the top of the elevated surface and the thickness of said second portion corresponds to the distance of said outer side of said second portion from the side of the elevated surface when said first portion is on top of the elevated surface, or alternately the thickness of said second portion corresponds to the height of said body support device from the top of the elevated surface and the thickness of said first portion corresponds to the distance of said outer side of said first portion from the side of the elevated surface when said second portion is on top of the elevated surface.

20. A body support device as defined in claim 19, said first portion having variable thickness and said second portion having variable thickness for placing said body support device on the edge portion of the elevated surface at a plurality of heights from the top of the elevated surface and a plurality of distances from the side of the elevated surface.

21. A body support device as defined in claim 16, said inner side of said first portion and said inner side of said second portion each comprising a surface adapted for frictional engagement with the elevated surface to maintain said body

support device on the elevated surface.

22. A body support device as defined in claim 16, said first portion comprising a flexible material.

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23. A body support device as defined in claim 22, wherein said flexible material is water resistant.

24. A body support device as defined in claim 16, said second portion comprising a flexible material.

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25. A body support device as defined in claim 24, wherein said flexible material is water resistant.

26. A body support device as defined in claim 16, further comprising means for removably fastening said body support device to the elevated surface.

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27. A body support device as defined in claim 16, further comprising means for receiving a belt, said belt removably fastening said body support device to the person.

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28. A body support device as defined in claim 16, further comprising means for detachably attaching said first portion to said second portion.

29. A body support device as defined in claim 16 wherein said body support device is adapted for leaning thereon by a person in a standing position.

30. A body support device as defined in claim 16 wherein said body support device is adapted for leaning thereon by a person in a seated position.

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31. A body support device comprising:

means for supporting a person's upper body when leaning over an elevated surface;

means for placing said means for supporting on the elevated surface, said

5 means for placing adapted for placement of said means for supporting on an edge portion of the elevated surface; and

means for maintaining said means for supporting on the edge portion of the elevated surface.

10 32. A body support device as defined in claim 31, wherein said means for placing allows for height adjustable placement of said means for supporting on the edge portion of the elevated surface.

15 33. A body support device as defined in claim 31, wherein said means for placing allows for distance adjustable placement of said means for supporting on the edge portion of the elevated surface.

20 34. A body support device as defined in claim 31, wherein said means for maintaining comprises means for fastening said means for supporting to the elevated surface.

35. A body support device as defined in claim 31, further comprising means for fastening said means for supporting to the person's body.

36. A method for supporting the body of a person when leaning over an elevated surface comprising:

placing a removable body support device on an edge portion of the elevated surface, the body support device comprising an underside portion adapted for placement on an edge portion of an elevated surface and an upper side portion adapted for leaning thereon by a person;

leaning toward the body support device; and

contacting the body support device when leaning over the elevated surface.

37. The method as defined in claim 36, further comprising maintaining the body support device on the edge portion of the elevated surface when a person is not contacting the body support device.

38. The method as defined in claim 37, wherein said body support device is maintained by adding at least one weight to a portion of the body support device positioned above the elevated surface when placing the body support device on the edge portion of the elevated surface.

39. The method as defined in claim 37, wherein said body support device is maintained by releasably fastening the body support device to the edge portion of the elevated surface.

40. The method as defined in claim 37, wherein said body support device is maintained by frictionally engaging the underside portion of the body support device with the edge portion of the elevated surface.

5 41. The method as defined in claim 36, further comprising adjusting the height and distance of the body support device from the edge portion of the elevated surface, wherein the underside portion is shaped for adjusting the height and distance of the body support device from the edge portion of the elevated surface.

42. A method for supporting the body of a person when leaning over an elevated surface comprising:

fastening a body support device to a person, the body support device comprising an underside portion adapted for placement on an edge portion of the elevated surface and an upper side portion adapted for leaning thereon by the person;

leaning toward the elevated surface;

placing the underside portion on the edge portion of the elevated surface;

and;

leaning on the outer side of the body support device when leaning over the elevated surface.

43. The method as defined in claim 42, further comprising:

removing the body support device from the elevated surface by the person moving away from the elevated surface;

leaning toward a second elevated surface;

placing the underside portion of the body support device on an edge portion of the second elevated surface; and

leaning on the outer side of the body support device when leaning over the second elevated surface.

44. A method for supporting the body of a person when leaning over an elevated surface comprising:

placing a body support device on an edge portion of the elevated surface, the body support device comprising a first portion having an inner side and an outer side, and a second portion having an inner side and an outer side, the second portion being detachably attached to the first portion;

leaning toward the body support device;

contacting the body support device when leaning over the elevated surface.

45. The method as defined in claim 44, wherein said placing comprises placing the inner side of the first portion on top of the elevated surface and the inner side of the second portion on a side of the elevated surface.

46. The method as defined in claim 44, wherein said placing comprises placing the inner side of the second portion on top of the elevated surface and the inner side of the first portion on a side of the elevated surface.

47. The method as defined in claim 44, further comprising maintaining the body support device on the edge portion of the elevated surface when a person is not contacting the body support device.

48. The method as defined in claim 47, wherein said body support device is maintained by adding at least one weight to a portion of the body support device positioned above the elevated surface when placing the body support device on the edge portion of the elevated surface.

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49. The method as defined in claim 47, wherein said body support device is maintained by fastening the body support device to the edge portion of the elevated surface.

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50. The method as defined in claim 47, wherein said body support device is maintained by frictionally engaging the inner side of the first portion and the inner side of the second portion with the edge portion of the elevated surface.

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51. The method as defined in claim 44, further comprising adjusting the height and distance of the body support device from the edge portion of the elevated surface, wherein the inner side portion of the first portion and the inner side portion of the second portion are shaped for adjusting the height and distance of the body support device from the edge portion of the elevated surface.